SHARPEN OUR MIND – STRENGTHEN YOUR SPIRIT – IMPROVE YOUR BODY

SAVE YOUR BUTT!

KARATE

Register on-line (PAWS) for Spring Recreation classes NOW!!!
OR LIVE AT THE STUDENT RECREATION CENTER, OR CALL 787-5738

SPRING ‘04 schedule & fees

<table>
<thead>
<tr>
<th>CLASS</th>
<th>MEETINGS</th>
<th>INSTRUCTOR</th>
<th>CALL #</th>
<th>STUDENT/NON-STUDENT FEE PER QUARTER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beginning:</td>
<td>MW 2:10 – 3:00</td>
<td>Warner</td>
<td></td>
<td>$36.00/ 52.00 – one fee allows participation in all beginning training sessions.</td>
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<tr>
<td></td>
<td>T/TH 2:10 – 3:00</td>
<td>Otis</td>
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<tr>
<td></td>
<td>T/TH 7:00 – 8:00</td>
<td>Rellias</td>
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**INTERMEDIATE AND ADVANCED: UNLIMITED ACCESS TO ALL TRAINING SESSIONS.**

**SIGN UP FOR:** “Unlimited Karate” – AT Student Rec. Center

**UCR STUDENT FEE PER-QUARTER: $62.00. NON-STUDENT FEE PER: $98.00**

ALL FEES INCLUDES USE OF UNIFORM

**Intermediate:**
- MW1:10 – 2:00pm: Warner
- T/TH 8:00 – 9:00pm: Rellias
- T/TH 11:40am – 12:30pm: Otis
- Sat 9:00 – 10:00am: Warner/ Rellias

**Sparring:**
- Friday 6:30 – 8:00pm: Scarano

**Advanced:**
- T/TH 12:40 – 2:00 pm: Otis (green belt above or instructor approval)

**INSTRUCTORS**

**Chief Instructor:** Edmond Otis – 7th Dan, has taught karate at UCR since 1981. He is Chief Instructor of the American JKA Karate Association (AJKA), and a lecturer in UCR’s Graduate School of Education and Honors Program. Sensei Otis has practiced traditional karate since 1967 and is internationally known as a competitor, instructor, coach, and judge. He is acclaimed for his innovative and dynamic teaching style and has trained numerous national and international champions. Sensei Otis travels internationally, conducting instructor seminars that focus on all aspects of karate practice – a dynamic and intense method of self-defense, a rigorous form of exercise, a philosophy of life, and an exciting competitive sport. He is co-author of “The Complete Idiots Guide to Karate” from Macmillan-USA Publishers, and is featured in the international video series: “Essential Shotokan”, from Perfect Form, Inc. Visit: [www.essential-shotokan.com](http://www.essential-shotokan.com) to see video clips.

Kevin Warner, 5th dan, has practiced traditional karate for over 20 years. An international competitor, he has won numerous national sparring and form championships. In 1997, and again in 2002, he captured an individual bronze medal at World Shotokan Karate Championships.

John Rellias, 5th dan, has practiced traditional karate for over 20 years. He has won numerous national sparring titles and has represented the United States in international competition. He is known for his intensity as a teacher and excellence of technique.

Nathan Scarano, 4th dan, has practiced traditional karate for over 20 years. A national and international champion, he has represented the United States in international competition. He is known for the power of his technique and strength of his spirit.